

# Pomfret Senior Center

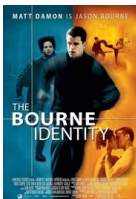
207 Mashamoquet Rd., Pomfret Center, CT



October 2017

**Tuesday, October 3rd, 10th, 17th, 24th, 31st – 9:00-11:30-Chair Caning with Joe Doran**

Join Joe Doran from the Lisbon Senior Center as he engages participants in caning chairs. Rolling enrollment available



**Thursday, October 5th – 12:15 – Movie “Bourne Identity”**

A man is picked up by a fishing boat, bullet-riddled and suffering from amnesia, before racing to elude assassins and regain his memory.

Stars: Franka Potente, Matt Damon, Chris Cooper

**Tuesday, October 10th – 12:30 – Trivia**

Get your thinking caps ready and join us in some trivia!

**Wednesday, October 18th – 12:15 – Movie “An Officer and a Gentleman”**

A young man must complete his work at a Navy Flight school to become an aviator, with the help of a tough gunnery sergeant and his new girlfriend.

Stars: Richard Gere, Debra Winger, David Keith



**Thursday, October 19th – 10:30 – Blood Pressure Clinic**

The Pomfret Senior Center will be offering free Blood Pressure Screening starting at 10:30am. Please stop by to have your blood pressure checked, catch up with some old friends as well as make a few new ones.

**Thursday, October 19th – 1:00-3:00 – Flu Clinic**

Pharmacy staff from Stop and Shop will be at the Senior Center with flu shots available.

**Thursday, October 19th and 26th, 2:00-5:00pm – Benefits Counseling**

Jenn Strong will be at the senior center doing benefits counseling. If you are interested please contact Jenn at 860-923-3458 to schedule and appointment.



**Wednesday, October 25th – 12:15 – Movie “Mr. and Mrs. Smith”**

A bored married couple is surprised to learn that they are both assassins hired by competing agencies to kill each other.

Stars: Angelina Jolie, Brad Pitt, Adam Brody

## ***Ongoing Programs:***

- *Tai Chi Continues on Tuesdays at 10:30.*
- *Yoga continues on Thursdays from 10:15-11:15am*
- *Our Walking Club meets at 10:30 on Wednesdays, come stroll the Airline Trail!*
- *BINGO, SETBACK & CRIBBAGE for your playing enjoyment and competitive spirit*

## Energy Assistance

TEEG will be assisting the ACCESS Agency in processing Energy Assistance applications for the heating season from now through March 2018. If you are in need of assistance, we encourage you to call the office at 860-923-3458 to schedule an appointment. Appointments can be scheduled to take place at the Senior Center. It is highly encouraged to make an appointment soon in order to receive assistance beginning November 15<sup>th</sup>.



Programming at the Pomfret Senior Center is funded in part by Senior Resources with Title III Funds through the Older Americans Act

Pomfret Senior Center  
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